

Wellness news



Obesity is an epidemic in the United States. According to the Centers for Disease Control and Prevention, American society has become 'obesogenic,' characterized by environments that promote increased food intake, nonhealthful foods, and physical inactivity.

DIETS VERSUS GOOD SENSE NUTRITION PRINCIPLES

Many people attempt to combat obesity and its effects. In fact, research indicates that Americans spend as much as \$40 billion dollars annually on weight-loss products and programs. Unfortunately, however, not all weight-loss strategies are necessarily healthy for the body, particularly over the long-term. Although some weight-loss gimmicks may help you to lose pounds initially, they generally do not support permanent weight loss. Unlike most craze diets, a nutritious, well-balanced diet serves the dual purpose of helping to maintain a desirable body weight and good health for a lifetime.

DON'T GET DUPED!

If a diet promotes one of the following characteristics, it may cause discomfort, weaken your health, or lead to regaining weight shortly after losing it.

- ★ **Emphasis on one food**—According to the American Heart Association, quick weight loss diets usually overemphasize one particular food or type of food, and as a result, violate the first principle of good nutrition: eat a balanced diet that includes a variety of foods.
- ★ **Little or no physical activity**—To lose weight and keep it off permanently, one must do two things: decrease food intake and balance food consumption with physical activity.
- ★ **High protein**—Diets high in protein may limit healthful foods that deliver important nutrients to the body. People who stay on high protein diets for long may lack vitamins and minerals necessary to good health.

Long-term success depends on setting realistic goals and sticking with them. In addition to helping you look and feel better, maintaining a healthy weight and engaging in regular physical activity can decrease your risk for a variety of conditions including coronary heart disease, stroke, some types of cancer, and type 2 diabetes.



DEBUNK DIET MYTHS!

Combat the Childhood Obesity Epidemic

Maintaining a healthy weight as well as general health and well-being requires eating a balanced, nutritious diet and participating in an adequate amount of physical activity. In today's society, children and adolescents are less likely to eat a nutritious diet and to participate in regular exercise than those of previous generations partially because of modern conveniences including computers, cars and fast food. According to the Centers for Disease Control and Prevention, childhood obesity has become a national epidemic, affecting over 9 million children and teens. These obese children and adolescents frequently develop diabetes, high blood pressure, high cholesterol, low self-esteem, and depression.

Fight the Fat

Fortunately, there are steps parents can take to prevent and reverse weight issues. Consider the following suggestions from the American Academy of Pediatrics.

- Consider a family approach to diet and exercise. Set a good example of the healthy eating habits you want your children to adopt. Enlisting all family members in healthy habits will prevent a child from feeling isolated or singled out. Initiate family activities such as walking or playing a game outside.
- To establish healthy eating habits, monitor portion sizes and provide quality family time by eating meals together as a family. Keep plenty of fresh fruits and vegetables on hand and focus on your child's nutritional intake.
- Lobby for your child's school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in vending machines. Use your child's school cafeteria menu to plan ahead and pack lunch on days that you prefer your child not eat what the cafeteria is serving.
- Maintain communication with your child's pediatrician regarding where your child's height, weight, and body mass index (BMI) fall



on a standard growth chart. Generally, obesity is defined as more than 20 percent above recommended weight for a particular age and height. Address any concerns you have with the pediatrician, and discuss steps you can take to ensure normal and healthy growth and development.

- Restrict soft drink consumption. Drinking just one can of soda a day increases a child's risk of obesity by 60 percent. Each 12-ounce can of soda contains approximately 10 teaspoons of sugar and 150 calories.
- Turn off the television. Limit screen time to no more than one or two hours per day.
- Get your children moving around. Anything that involves movement qualifies as physical activity and contributes to weight management. Find fun ways to be physically active inside and outside. Go to the park, introduce your child to swimming, tennis, walking or golf—sports that children can develop a lifelong love for and enjoy.

If you suspect that your child's weight is not in a healthy range or that he or she is gaining excess weight, consult his or her pediatrician.

Lake Health Calendar of Events March

B Fit 4 Life

Are you looking for information on how to eat better or become fit? If so, attend the B Fit 4 Life activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.
Painesville Twp. Park, 1025 Hardy Rd., Painesville Twp.
– March 3, 7 pm (Boot Camp 101)

Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care or walk-in centers during regular hours (call for hours: Chardon – 286-8908; Madison – 639-0726; Middlefield – 632-3024; Mentor – 255-6400; Painesville – 354-3887; and Willowick – 585-3322). Or come on the following dates:

TriPoint Medical Center – March 5, 9 am - 12 noon
West Medical Center – March 19, 9 am - 12 noon

Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.
Giant Eagle, 546 Water Street, Chardon – March 10, 6:30 pm

10,000 Steps Program

Walk your way to a healthier lifestyle - become a member of the 10,000 Steps Program. The surgeon general recommends 30 minutes of aerobic activity three times a week; if you walk 10,000 steps in a day (roughly five miles) you will exceed this recommendation. Every step you take counts toward the goal, so start walking today! Membership includes a pedometer, a calendar of step opportunities, a list of step equivalents, and a step log. **Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.**

The Wellness Institute Now Offers Yoga!

The practice of yoga can help improve your health with stretching to tone your muscles and exercises your entire skeletal system. Some yoga workout programs are more challenging than others. Try a yoga program to find your preferred method. All programs are six weeks and are in the **Physician Pavilion at TriPoint Medical Center, 7580 Auburn Rd., Suite 201, Concord Township**
Gentle Yoga – March 28, 5:45 – 6:45 pm or March 29, 5:30 – 6:30 pm

Gentle Stretch Yoga – March 28, 1:45 – 3 pm

Lunch Time Yoga – March 30 or 31, 12:15 – 1 pm

Yoga for Arthritis – March 28, 10 – 11 am



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.